



# A Ministry Exhibiting a Spirit of Excellence!

2019 Theme: *Living in God's Assurance*  
—Isaiah 41:10

## Message from the Pastor

### *Soul Keeping*



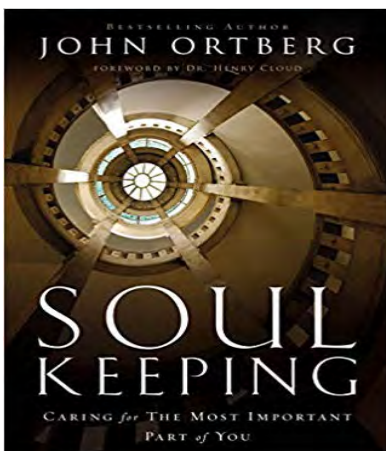
In October we will study and discuss the health of our souls. Each Wednesday at 11:30am and 7:30pm Bible Study, we will explore topics from

John Ortberg's book, *Soul Keeping: Caring for the Most Important Part of You*. The health of our soul isn't just a matter of saved or unsaved. Our soul is the hinge on which the rest of our life hangs. It's the difference between deep, satisfied spirituality and a restless, dispassionate faith. In an age of materialism and consumerism that tries to buy its way to happiness, many souls are starved and unhealthy, unsatisfied by false promises of status and wealth. We've neglected this eternal part of ourselves, focusing instead on the temporal concerns of the world—and not without consequence.

In our discussions over the next few weeks, the topics and scriptural references from Ortberg's new classic will help us discover and understand the health of our souls—the most important connection to God there is—and find our way out of the spiritual shallow-lands to true divine depth. We are using John Ortberg's book because of his deep insight and an accessible story-filled approach. He brings practicality, relevance, and application to one of Christianity's most mysterious and neglected topics. Please purchase your book and be intentional about participating in our Wednesday studies.

*Living In God's Assurance,*

*Pastor Luke E. Torian*



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Deaconess Ministry



## *"Keeping God in Our Daily Schedule"*

*"O God, You are my God; early will I seek You... Because Your loving kindness is better than life, my lips shall praise You. Thus I will bless You while I live; I will lift up my hands in Your name"*  
Psalms 63:1a, 3-4

Making time in our schedules for God is essential for every Christian! If you slacked off spending time daily with the Lord during the summer months, it's time to get back on schedule or start a new life-giving habit.

Autumn is here, and sometimes the hardest part of making the transition from summer to fall is the reality that we have to let go of our relaxed summer schedule! Schools, colleges and church ministries are back in full swing; and so are our individual schedules. Most of us try to exercise regularly and eat healthy, but for the Christian, the most important habit we should never neglect is to spend time daily with our Lord and Savior.

One of Pastor Torian's recent sermons, based on Psalm 63:1-5 challenged and reminded us to seek the Lord early by starting our day in prayer. When we start our day in prayer to God (whether short or long) it changes our perspective of God, others and the situations we face every day! Taking time to reflect on who God is in our lives gives us renewed strength to face the challenges of life in His strength and not our own.

Deaconess Chaplain Terry Davis in one of her inspirational devotions from "Crosswalk.com," entitled "Mary or Martha?" by Jamy Whitaker, also reminded us of what happened to Martha in Luke 10:38-42. Martha was focused solely on the preparations and was missing out on time with Jesus. The devotion reminded us that "you and I need to be intentional with our daily time with God. It is so easy to become caught up in the day-to-day and to-do lists that we lose sight of what is most important – our relationship with God. Like any relationship, you must spend quality time together for it to grow."

"Make time for God even if you have to schedule it. Cultivating this relationship needs to be a priority. Make the choice today." The "Mary or Martha?" devotion closed with the following prayer that we can all relate to and may want to post on our bathroom mirrors as a daily reminder.

*"Dear heavenly Father, I come to You today with a heavy heart and a load too much for me to bear. I lay my to-do list at Your feet. I know that my relationship with You is what needs to be first in my life and everything else will fall into place. Help me to daily remember to turn to You and Your Word instead of running to my schedule and lists. Teach me to discern the difference between what is necessary and what I can let go of. I lean on You and trust You to guide my steps as I long to draw closer to You. In Your Precious Name, Amen."*

*Deaconess Claudia Woolfolk  
Chair, Deaconess Ministry*

# October is . . .

*Clergy*  
APPRECIATION MONTH

So let us take the time to show our appreciation to our Clergy who do a yeoman's job in taking care of the members of this great Ministry. A card, a handwritten note, a smile, a sincere "thank you", or even a love offering . . . These simple acts of kindness may just make the difference to them in an otherwise stressful day. We believe that God is well-pleased with the work of their hands and we should be too! Let's make it a point to show them our appreciation!

Blessings always, Pastor's Aide Ministry





## From the Sunday School Superintendent

We continue to study the Exodus in October, through the eyes of the African D diaspora. Our ancestors' involuntary relocation to the Americas has a commonality with the Israelites and their quest for liberation. The Israelites sought God's face for deliverance and our ancestors sought God's face for deliverance and God set both captives free.

The first lesson in October is about the first plague, the plague of blood. This is not just a plague; it is a demonstration of the power of the true and living God-Yahweh. Turning the Nile into blood was an attack and annihilation of Osiris, the river god—that's god with a little 'g.' The Nile was an important part of Egypt, it was used for food as well as commerce; it's hard to sell rotting fish. If this Egyptian god was as mighty as they believed, then God's command would not have been obeyed.

The Second lesson shows Pharaoh playing BLUFF with God. Pharaoh asked Moses, to ask his God to make the rain, hail and thunder stop; "and then Moses, you and your people can leave." Previously, God destroyed five other gods before destroying Nut, the Egyptian Sky goddess. Moses did as Pharaoh asked. Pharaoh did not even fake a yes. Pharaoh outright denied the Israelites an opportunity to leave. Little did Pharaoh understand or comprehend—he was running out of gods to call on. Maybe Pharaoh was hoping one of his gods was stronger than the God of the Israelites.

Pharaoh's predicament, Pharaoh continues to resist with prideful stubbornness. Have you ever met or seen someone who figuratively, continuously banged their head against a wall? That is what came to mind, as I read the text. Imagine Pharaoh's contempt for God. He continues to bang his head. While he is head-banging, God completely turns out the lights—darkness is upon the land. Another Egyptian god bites the dust. Ra, the sun god, is defeated. Pharaoh tries to bargain with Moses and keep Israel's livestock. Moses would not have it. "Nope! We need them for the sacrifices we will make." Exodus 10:21-22, sums it up; in today's verbiage —Pharaoh said, "get out of my face, if I see you again, I'll kill you!" Moses's reply, "you have spoken well, you won't see me anymore." Was this a prophecy of Pharaoh's death in the Red Sea?

Passover, also known as Pesach, is a Jewish holiday. It lasts for eight days to celebrate their liberation from the Egyptians. The first Passover was the beginning of being a free people. The final god was proven powerless—Pharaoh! Everyone in a blood covered dwelling was spared. It did not matter if they were Egyptian, Israelite or another. If they were covered by the blood of the lamb, they were covered by the blood of the lamb. This was a foretelling of what was to come—liberation for all who wanted it and sought God for it. As God said, "you will remember this day" and indeed, they have. What do you consider the equivalent of Passover in the African American community?

Amen! Amen! Amen!

*Rev. Gillis M. Taylor*  
Sunday School Superintendent



October 31, 6 - 9 p.m.

## ATTENTION ALL PARENTS!!!

You are encouraged to bring your kids out to the gymnasium for an evening of fun, games, fellowship, food, and an all-around great time! We look forward to seeing you there!!!



## Meet our Clergy



**Reverend Josephine B. Cherry** is a native of the City of Virginia Beach. She is energetic and full of excitement about the Good News of Jesus Christ. She loves to sing, pray, and praise her way through any situation. Her life verse is Psalm 34:1 "I will bless the Lord at all times; His praise shall continually be in my mouth."

Rev. Cherry is married to Colonel (Retired) Dr. Byron L. Cherry, Sr., of 36 years and they have three adult children, Byron, Bryan, and Ashley. Currently, she is working on a Doctorate of Ministry with an emphasis on Discipleship for the 21st Century at Talbot School of Theology, Biola University in La Mirada, California. In addition, she is studying Spiritual Transformation, at the Transforming Center in Chicago, Illinois. She is an Associate Minister licensed and ordained at FMZBC and serves as a teacher to new members in the New Member Orientation Course.

Rev. Cherry is an unassuming Woman of God who stands on the Word of God to **BELIEVE**.



## Encouragement and Assurance for the Soul Seed Time and Harvest

As members of FMZBC, during this time of year we begin to take inventory of what we call the seeds that have been planted in us. We reflect on the things that have been sown into our spirits so far this year through the spoken word, corporate worship, Bible study, Sunday school, fellowship, and participating in various ministries. God has given each of us gifts and talents that we are to use to God's glory through our worship and service. During these past nine months those seeds have been watered, fed, and that which was planted have matured. The Bible states in I Corinthians 15:36-38 NKJV, "Foolish one, what you sow is not made alive unless it dies. And what you sow, you do not sow that body that shall be, but mere grain - perhaps wheat or some other *grain*. But God gives it a body as He pleases, and to each **seed** its own body." While this scripture refers to our glorified, resurrected bodies, God is now shaping our spiritual "bodies" individually and collectively as a part of the body of Christ to serve Him. Now is the time to harvest that which has grown in us.

The word of God says in John 4:35 NKJV, "Don't you have a saying, 'It's still four months until harvest'? I tell you, open your eyes and look at the fields! They are ripe for **harvest**." It also states in Galatians 6:9 NKJV, "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." There is much to be done for the Kingdom of God and now is the time to do the work while it is day. As we each bring our harvest to the table, we will be able to prepare a feast for those within and outside of the walls of FMZBC. God will be pleased with us as He observes us at work in the Vineyard praying, comforting, feeding, encouraging, building, restoring, helping, loving, preaching, and teaching. Keep a smile of the face of God as you do what God has called you to do. "Now this I say, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully", II Corinthians 9:6 NKJV. Share your harvest. Thank God that we are blessed to be a blessing!!

*Rev. Kathy M. Russell*



## OPEN MESSAGE TO ALL MEMBERS/ MINISTRIES

The Pastor's Aide Ministry (PAM) would like to encourage every member who is deciding on where to serve, to be a part of the PAM. We are also encouraging each Ministry to designate a representative to be a part of the PAM. Why? I'm glad you asked and I'll tell you why.

Every ministry of FMZBC should be a part of the PAM because we have a Pastor/Assistant Pastor who minister to each and every one of us in various areas and at various times in our lives, whether it be marrying us or our family members, presiding over the homegoing service of our loved ones, baptizing us or our loved ones, praying for us or our loved ones, or visiting us when we are sick; just doing what caring pastors do.

I urge you to consider being a part of this exciting Ministry as we would like to have representation from across the congregation so that everyone has a voice . . . the young, the old, and the in-between.

POC: Sister Oonagh Bell - 954-298-2106, or email [oonagh-be2@gmail.com](mailto:oonagh-be2@gmail.com). **We meet at 7:00 p.m., on the second Thursday of each month.**

We look forward to hearing from you and we promise you will not be disappointed!





## LEADERSHIP THE CHAPLAIN'S CORNER

### *The Spiritual Discipline of Submission*

Let us continue our study of the book *Celebration of Discipline* by Richard J. Foster, with the 3rd of 4 "Outward" Disciplines...**Submission**. In quick review, The Outward Disciplines reveal what people need to do to improve the world around them and they are 1. Simplicity, 2. Solitude, 3. **Submission** and 4. Service.

In **Submission**, we recognize the legitimate authority of others over us. It is nothing more than the simple understanding that "no man is an island." Life in community is our rightful home: relationships with other human beings is our inheritance. To confess our commitment to community means to confess our commitment to mutual subordination. Peter crystallized this principle in the simple phrase, "Honor all men" (1 Peter 2:17a), and Paul set forth the idea in what must be considered the most memorable sentence on the subject, "Be subject to one another out of reverence for Christ" (Eph. 5:21).

**Submission** is a concept as broad as life itself and a Discipline found throughout Scripture. It raises issues that are deep and difficult: issues of submission to the "ways of God," issues of submission to the state, issues of submission to the Christian fellowship, issues of submission in the Christian household and much more. As we hammer out our understanding of these matters, we will always want to hold before us the life and death of Christ as the divine paradigm by which all the verbs of Christian submission are to be conjugated.

In our day, however, we tend to terribly garble and abuse the Biblical guidance on **Submission**. We tend to take the best teaching and use it for the worst ends.

Next Issue we will describe some of the **Submission** character descriptions and see if you can identify.

References: Mark 8:34, John 12:24-26.

*Deacon Ron Cooper  
on behalf of the FMZ Leadership Chaplains*

**When life knocks you to your knees, you are in a perfect position to pray . . . And, remember, God sends no one away empty, except those who are full of themselves!!!**



## Ministries' Meeting Schedules

# 2019

10/7 Deacon Executive Committee Meeting (7-9 PM)  
Deaconess Executive Team Meeting (7:30-9 PM)  
Financial Freedom for Millennials (7-9 PM)  
Journey to Joy/GriefShare (7-9 PM)

10/10 Jewels Choir (7-8:30 PM)  
Pastor's Aide Ministry (7-9 PM)  
The C.O.R.E. Ministry (7-9 PM)  
Voices of Zion Choir (7-9 PM)  
Men's Ministry Monthly Meeting (7:30-9 PM)  
Trustee HR/ Admin Committee (7:30-9 PM)

10/14



10/15 Academic Education Ministry (7-8:30 PM)  
Women's Ministry (IPT) (7:30-8 PM)  
Deaconess Ministry Monthly Meeting (7:30-9 PM)

10/16 Seniors' Ministry (12:30-2:30 PM)

10/17 Jewels Choir (7-8:30 PM)  
Voices of Zion (7-9 PM)  
Women's Ministry Meeting (7-9 PM)  
Deacon Ministry Meeting (7:30-9 PM)  
Trustee Ministry - Facility and Real Property Committee (7:30-9 PM)

10/19 Junior Ushers (11:30-12:30 PM)  
SHARE Distribution (9-Noon)  
Mary Elizabeth Ministry (11-1 PM)  
Volunteer Screening (9-Noon)

10/21 Journey to Joy/GriefShare (7-9 PM)  
Deacon Ministry/Interview Training (7:30-9 PM)  
Trustee Ministry/Finance Committee (7:30-9 PM)

10/22 Photography Ministry (7-9 PM)  
Trustee Executive Board Meeting (7-9 PM)

10/24 The C.O.R.E. (7-9 PM)  
Trustee Strategic Planning Committee (7-9 PM)

10/26 Mary Elizabeth Ministry (11-1 PM)

10/28 Journey to Joy/GriefShare (7-9 PM)

**10/31 Fall Festival (6-9 PM)**

For additional Activities and Events:  
[http://bit.ly/FMZ\\_Calendar](http://bit.ly/FMZ_Calendar)



# in the community

## Teachers Leading and Serving



Sister Lorri Dyson's 2nd grade class at Signal Hill Elementary School Show One of Their New Books, "If You Give a Mouse a Brownie"



Sister Lorri Dyson's  
Second Grade  
classroom door



We are blessed at First Mount Zion to have among us professors, teachers, administrators, and educators at all levels. We thank each and every one of our educators for their dedicated service across our region. This month we are highlighting Sister Lorri Dyson who is a second-grade teacher at Signal Hill Elementary School. Sister Dyson and her family are part of Zone M2. One of Sister Dyson's classroom projects this year is to enhance the reading experience for each and every member of her second-grade class. As part of the monthly Scholastic Book Club she worked with friends, family, and neighbors to ensure that every student could receive a book each month. In the monthly flyer from the book club there is always a \$1 book. In order for every student to receive a new book each month a donation of \$10 would enable each student to bring home a new book from September to June. The response to the idea worked out well and her students will receive at least one book per month. Sister Dyson's engagement with her community to help her students will help promote a love of reading and help shape our leaders of the future. She is one example of many teachers in our congregation and community who go above and beyond to empower our young people. We are all thankful for Lorri and all our educators and the vital work they do to teach and prepare the generations for challenges of the future.



### DEAF AWARENESS TRIVIA / FUN FACT

WHO WAS THE FIRST AFRICAN AMERICAN TO GRADUATE FROM GALLAUDET UNIVERSITY AND ESTABLISH SCHOOLS FOR THE DEAF IN AFRICA?



#### ANDREW FOSTER IN 1954

AN EDUCATOR, HE WAS A MISSIONARY TO THE DEAF IN GHANA, RWANDA AND OTHER COUNTRIES IN AFRICA FROM 1956 UNTIL HIS DEATH IN 1987...

In 1954, he became the first Deaf African American to earn a bachelor's degree from Gallaudet University and the first to earn a master's degree from Eastern Michigan University.

**THE DEAF MINISTRY MEETS THE 2ND TUESDAY EACH MONTH - - COME AND JOIN US!**





## ZONE G-2 FELLOWSHIP

August 24<sup>th</sup> was a picture-perfect summer day on which Zone G-2 celebrated the almost end of Summer and the early welcome of Fall with a Fish Fry! It was an atmosphere full of laughter, fun and fellowship. We also learned there is a very competitive spirit amongst us as we played some wonderful games, as we tried to beat one zone member that was winning them all.

We dined on a menu of fish that was fried to perfection, hamburgers and hot dogs, baked beans, assorted salads, desserts and beverages. It was a time of sharing praise reports and catching up with one another. We lifted those Zone members in prayer that were unable to attend due to health challenges.

We give all praises to God for a wonderful Zone fellowship and we are already looking forward to the next one.

*Deacon and Deaconess Dennis and  
Carole Roney  
Deacon and Deaconess James and  
Deborah Tribble  
Reverend Chris Peterson*

Latrice Liferidge, Lorraine Crumity,  
Sandra & Ed Kennedy



Deaconess Carole investigating  
why Sis. Latrice is winning all



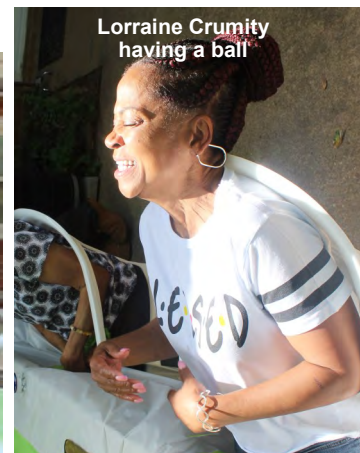
Deaconess Carole beats Deacon Roney  
in the game "Separation Anxiety"



Deacon Dennis and Deaconess Carole Roney,  
Joyce Thompson



Lorraine Crumity  
having a ball



Joyce Thompson, Sandy and Ed Kennedy, Lorraine  
Crumity and Deacon James Tribble







## Back-to-School Blessing

On third Sunday, September 15, 2019, FMZ had a special worship service where Pastor Torian engaged the students of our congregation to share their thoughts and to pray for blessings for the new school year. Our students and educators from kindergarten through college gathered in and around the pulpit and altar to engage directly with Pastor Torian. At the 11 AM service FMZ members of Jack and Jill of America, Inc. participated in the Back to School Blessing worship. The students answered Pastor's questions and expressed their faith and expectations for the new school year. One of our educators, Brother Mario Vernon Watson, provided the congregation with his perspectives as a history and special needs teacher. Brother Watson discussed the challenging nature of teaching and how God has enabled him to exceed the average longevity of three years as a special needs teacher. He has been teaching special needs students for over 20 years. He encouraged students to be respectful of teachers, trust in Christ, be courageous, let their light shine, whisper short prayers through the day, and call on the name of Christ. He also encouraged parents to pray with their children daily and take responsibility to raise their children in a Godly manner. Sister Dominique Johnson (Zone M2), Forest Park High School Class of 2020, shared a personal testimony, which is shared below in its entirety.

### *Dominique's Testimony*

*I have written several speeches and papers in my life and I have never had issues writing them. The words usually just come to me, but for some reason, this one was the most difficult of all. I have never written one for church and for whatever reason that scared me. I put off writing this for a while because I was subconsciously scared to write it and I wasn't ready to face that fear yet. When the time came to write it, I still wasn't ready but I had to. I still didn't know what I wanted to share so I would write a little and erase then write and erase, eventually I had to stop erasing and just go with what I felt.*

*A few years ago I wrote a speech about dreams and was going to use that to help me form this and as I went back to read one of the easiest speeches I had ever written it made me wonder why was that so easy but this one was so hard. After some thought and prayer, I came to the conclusion that my previous writings were written to inspire ME, and I now needed to inspire other people.*

*You may be thinking she could just write this to herself and it would be fine and that's what I thought too so I tried it and that didn't work. What I finally realized is that I was limiting myself without even knowing it. I wasn't allowing God to step in.*

*Now, I could speak to you about studying and getting a good night's rest so that you are more alert in school...But, I chose to encourage you not to limit yourself in what you do or allow others to turn you into someone you shouldn't be. Each day we face many obstacles. Whether you're dealing with people, writing a paper, having issues at school or work. One of the many things I have learned in high school that can apply to anyone is, don't let your peers cause you to become fake PERIOD.*

*So let out your little quirks, your not so normal laugh, your ugly cry, or your funny dance moves because you are you and no one else can be you!*

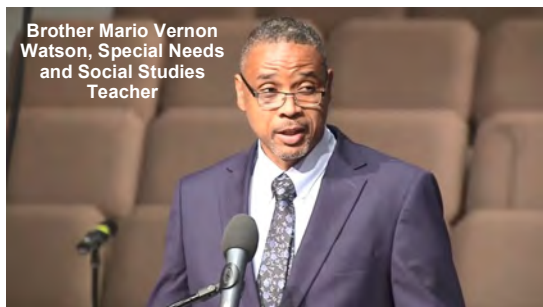
*God blessed each of us with our own uniqueness. Don't give into peer pressure or the pressures of the world, be respectful to others and be the you. God created you to be you. You can be the inspiration that someone needs to be encouraged to do the right thing.*

Pastor Torian's encouragement to the students included the challenge to take advantage of the opportunities they have to fulfill their dreams and aspirations, don't let anyone hold you back, and fill their minds with meaningful knowledge. He encouraged parents, educators, administrators and staff to continue to be the unique people who have our students best interests at heart and to keep Christ in their hearts.

We thank all of our students for participating in the special service and we continue to pray for a fantastic year of learning, discovery, and academic blessings. We also pray for every soul linked to our schools and their safe learning environments. Thank you to our educators, administrators, and parents. May God's grace and mercy inspire and strengthen you through this 2019-2020 academic year.



Brother Mario Vernon Watson, Special Needs and Social Studies Teacher



Sister Dominique Johnson, Senior, Forest Park High School, Voices of Zion, and Zone M2 member







Welcome to Celebrate Recovery Small Group. We'll begin our group meetings on Thursday, October 10th at 7:30 PM at First Mount Zion.

### What is Celebrate Recovery?

**Celebrate Recovery** is a Christ-centered recovery program using the biblical principles found in the Sermon on the Mount, in the Gospel of Matthew, chapter 5.

Celebrate Recovery is about addressing and experiencing freedom from our **hang ups, hurts and habits**. Celebrate Recovery is a safe and confidential space for everyone to share freely without judgement.

### What is a hang up?

**Hang ups** are negative mental attitudes that are used to cope with people or adversity (anger, depression, fear, unforgiveness, etc.).

Celebrate Recovery is a place where we encourage one another's growth and restoration by sharing our experiences and strengths with one another. Through prayer, study, fellowship and sharing, we support one another along our individual journeys with God towards spiritual maturity, wholeness and healing. The truth and freedom we'll gain from this program will foster peace, serenity and joy in our lives as we strengthen our relationship with God and others.

Celebrate Recovery can be complementary to professional therapy, counseling or medical treatment. It is not a replacement.

### What is a hurt?

The feeling of being **hurt** is an emotional reaction to another person's behavior or to a disturbing situation, (abuse, abandonment, co-dependency, divorce, relationship issues, etc.).

### What is a habit?

A **habit** is an addiction or compulsion for someone or something (alcohol, drugs, food, gambling, shopping, inappropriate television viewing, shoplifting, etc.).

You are not alone. If you believe this is the group for you or someone you know, you're welcome to sign up during our Small Groups Fair on 5th Sunday, September 29, 2019, following the 10am worship service in the gymnasium. We invite you to visit our Celebrate Recovery table and we'll gladly answer any questions you may have. You may also join any small group thereafter by using the contact information below.

*Grace and peace*

*The Celebrate Recovery  
Small Group Leaders*

*Rev. Tarra Taylor, Sis. Sherry Johnson,  
Sis. Carol-Ann Benjamin  
Bro. Stacy Funches*

POC: Stephanie M. Craddock, Small Groups Director - (703) 670-0184 or email: [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org)



Singles Ministry Monthly Bowling Event will take place on Saturday, October 5th at 2:00 pm - Bowl America, 13409 Occoquan Road, Woodbridge, VA. Come out and join in the fun. We look forward to seeing you.

POC:

[singlesministry@firstmountzionbc.org](mailto:singlesministry@firstmountzionbc.org)



## *"Won't He Do It"* Concert/Conference

### Greetings to ALL!

The Women's Ministry will host a "Won't He Do It" concert/conference on November 1- 2, 2019. **EVERYONE** is invited to the Friday, November 1<sup>st</sup> musical concert featuring recording gospel artist Koryn Hawthorne. The concert is **FREE to those 21 years and under**. Ticket and ID are required. The cost to everyone else is \$20. "Won't He Do It" t-shirts (attire for the Friday night concert) will be sold during regis-

tration. The cost for the two-day conference, including the concert, is **\$55**. Three dynamic guest speakers will present on November 2<sup>nd</sup>. Registration will take place in the Narthex on October 6 and 13 following the 8am & 11am services. You can also register online at [www.firstmountzionbc.org](http://www.firstmountzionbc.org). The conference colors for Saturday's attire are royal blue and gold. You won't want to miss this ministry moment!

POC: Veronica D. Hackett  
[womensministry@firstmountzionbc.org](mailto:womensministry@firstmountzionbc.org)







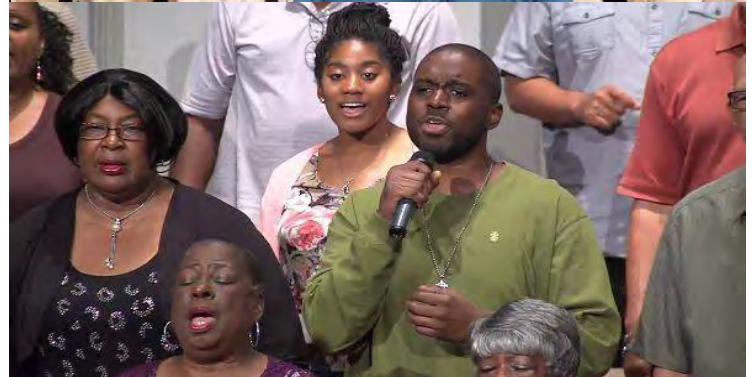
# History of the Mass Choir

The First Mount Zion Baptist Church Mass Choir was formed in November of 1989 to bring unity among the choirs of the church. This Choir is primarily made up of members of all church choral auxiliaries. The Mass Choir sings at worship services the first Sunday of each month, and performs at the Pastor's request or upon the recommendation of the Minister of Music.

Some highlights in the Choir's background include the making of its first recording entitled "We Sing Praises" in 1992, the Choir traveled to Pensacola, Florida, to be in concert at the Greater Little Rock Baptist Church. In 1995, the Choir accepted an invitation to sing at the 32nd Church Anniversary of New Rising Star Missionary Baptist Church in Birmingham, Alabama. In 1996, the choir also traveled to First Baptist Church, Washington Park, Richmond, Virginia. In 1997, the choir traveled to New York to take part in Youth Day services at Berean Missionary Baptist Church. Locally, First Mount Zion's Mass Choir is also popular, and has accepted invitations to sing at various community functions including the "Annual Black History Program" in 2001 sponsored by the Prince William Symphony Orchestra. In 1996, 1998 and 2000, the choir participated in the "Taste of Heaven" programs at Hylton Memorial Chapel along with other area churches.

In October 2009, the Music & Arts Ministry celebrated the 20th Anniversary of Sylstea C. Sledge as Minister of Music with a gala program. The Mass Choir was the featured choir at the National Gallery of Arts "Christmas Celebration" in Washington, D.C. "Caroling in the Rotunda" was held December 16, 2000. The Choir performed excerpts from Glenn E. Burleigh's Christmas Cantata, and lead a selected holiday music sing-a-long.

If you're interested in singing with the Mass Choir, you can come out on the two Thursday evenings leading up to the 1st Sunday of each month at 7:30PM or contact Minister of Music, Sylstea C. Sledge, at [SSledge@FirstMountZionBC.org](mailto:SSledge@FirstMountZionBC.org) or 703-670-0184.







**God's work.  
Our hands.**

## *Here is a sampling of Ministry Opportunities for you to consider*

### *Archives Ministry:*

Mission: To develop a repository of documents, artifacts and other historical data to serve the current and emerging history of First Mount Zion Baptist Church.

Contact: [archives@firstmountzionbc.org](mailto:archives@firstmountzionbc.org)

### *Journey to Joy (Grief and Support) Ministry:*

Mission: To provide emotional support, spiritual enrichment, educational awareness, community resources, and fellowship for the members of First Mount Zion and the surrounding community who have experienced the loss of a loved one.

Contact: [journeytojoy@firstmountzionbc.org](mailto:journeytojoy@firstmountzionbc.org)

### *Mary Elizabeth Ministry*

Mission: To provide targeted materials for pregnancy and parenting education in support of a positive outcome for expecting adolescents and their families.

Contact: [maryelizabeth@firstmountzionbc.org](mailto:maryelizabeth@firstmountzionbc.org)

### *Audio Visual Ministry*

Mission: To enhance the worship services, bible teaching, funerals and special events of First Mount Zion by providing quality sound and video support that creates an atmosphere of audio/visual excellence.

Contact: [audiovisual@firstmountzionbc.org](mailto:audiovisual@firstmountzionbc.org)

### *Flower Ministry*

Mission: To provide flowers for the church sanctuary as well as for sick and shut-in members, births, and families of deceased members. We also maintain live, healthy plants and flowers for the weekly Sunday services and throughout the church complex.

Contact: [flowerministry@firstmountzionbc.org](mailto:flowerministry@firstmountzionbc.org)

### *Greeters Ministry*

Mission: To assist and welcome guests and members of First Mount Zion, as Christ has welcomed us. We also strive to ease confusion by directing visitors to classes, the sanctuary, and other needed areas.

Contact: [greeters@firstmountzionbc.org](mailto:greeters@firstmountzionbc.org)

### *Transportation Ministry*

Mission Statement: To show the love of Christ while providing a timely, safe and enjoyable ride to and from church for worshipers that are in need of transportation. Call (703) 670-0184.

### *Money Smart Ministry*

Mission: To help members of the church who have a desire to acquire, enhance, or get exposure to personal financial principles. We also seek to build financial knowledge, develop financial confidence and, most importantly, help understand what God teaches about financial stewardship thru His Word.

Contact: [moneysmart@firstmountzionbc.org](mailto:moneysmart@firstmountzionbc.org)

### *Parking Ministry*

Mission: To show the love of Christ while providing safe and secure parking for worshipers and their vehicles.

Contact: [parkingministry@firstmountzionbc.org](mailto:parkingministry@firstmountzionbc.org)

### *Pastor's Aide Ministry:*

Mission: To provide physical, mental, emotional and spiritual support to the Pastor.

Contact: [pastorsaide@firstmountzionbc.org](mailto:pastorsaide@firstmountzionbc.org)

### *Security Ministry*

Mission: To provide a safe worship environment for all at the main campus during Sunday Services, bible study and other events as church needs dictate.

Contact: [security@firstmountzionbc.org](mailto:security@firstmountzionbc.org)

### *SHARE Ministry*

Mission: To connect people who have a desire to become fully devoted followers of Jesus Christ by making an affordable monthly food supplement available to members and non-members of the community.

Contact: [share@firstmountzionbc.org](mailto:share@firstmountzionbc.org)

### *Ushers Ministry*

Mission: To connect doorkeepers in the house of God, and guard the same at all times during First Mount Zion Baptist Church services.

Contact: [ushers@firstmountzionbc.org](mailto:ushers@firstmountzionbc.org)

### *Health Ministry*

Mission: The First Mount Zion Health Ministry is a holistic health service directed toward the congregation and the wider community with a special mission that integrates faith and health within our faith community, for our members and the community we serve. The ministry is an integral part of the overall ministry of the church promoting physical, emotional, social, and spiritual well-being of a person's health. Services may include: health screening, health advocacy, health counseling, bereavement care, and coordination of volunteers and much more.

We welcome all those who are committed to providing an environment that is pleasing to the Lord and want to volunteer to serve Him together with us.

Contact: [healthministry@firstmountzionbc.org](mailto:healthministry@firstmountzionbc.org)

*If none of the above ministries appeal to you, please do not be disheartened. Just go to our website at [www.firstmountzionbc.org](http://www.firstmountzionbc.org) and there you will find several other ministries listed. Choose one and get involved! We look forward to you joining our Army!*

*God bless you!*





**First Friday (Movie Night on October 4th at 7 p.m.):**



All youth (6th thru 12th Graders) are invited to have fun and fellowship with their friends! This First Friday will include a movie, food, conversations and laughter. Bring a friend!

**Spiritual Journey 2019:** On October 12th at 7:30 am (to 3pm), we will gather to travel to the US Holocaust Memorial Museum. We will take some time to "Look Back to Live Forward" (Deut. 4:9). There's no cost for the event. Registration is required. Please pick up a form in the Narthex.

**Youth Worship Service Participants:** All youth (6th to 12th Grade) are given the opportunity to participate in the Sunday worship services by leading the responsive reading, morning prayer or offertory prayer. Note: 12th graders should reach out before departing for transitioning to college, military or professional workforce.

**Youth Bible Study on Wednesdays:** We will explore the "Pressure of School." Come and ask the question(s) that you've always had about the Bible. Learn how to do the right things for the right reasons. Discover how to please God. See you there! Bring a friend.

**If you have any questions regarding any of the above announcements, please call or contact Rev. John McNeill, Jr. at 703-670-0184 or email to: [jmcneill@firstmountzionbc.org](mailto:jmcneill@firstmountzionbc.org).**



**October 6th** is the last day to register for the **SHARE** packages. SHARE packages are \$23 for food valued between \$35.00 and \$45.00. Distribution will be Saturday, **October 19th**, from 9 – Noon in the gymnasium.

**POC: Thomas Bates 703-330-6371 or Cherry Anderson 540-361-4319.**



### SUBMISSIONS FOR NEWSLETTER:

All members are encouraged to submit articles, photos, and events for inclusion in the Newsletter. Please be sure to clear all submissions with your Ministry Leader before sending to the Communications and Publicity Ministry. Submissions should not exceed 300-350 words and must be received no later than 12 noon on the 15th of each month to be considered for the upcoming newsletter. Please note that we reserve the right to edit as necessary.

Submissions should be sent to:

[cpm1@firstmountzionbc.org](mailto:cpm1@firstmountzionbc.org)

We look forward to your participation!!

Thank you!

*Communications and Publicity Ministry*

Dr. Luke E. Torian, Pastor  
Rev. Sandra K. James, Assistant Pastor  
Sylvia Moore, Executive Assistant  
Renee Woolfolk, Church Business Administrator  
Chesley Doctor, Chair, Trustee Ministry  
Jeffrey Manning, Chair, Deacon Ministry  
Claudia Woolfolk, Chair, Deaconess Ministry

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Website: [www.fmzbc.com](http://www.fmzbc.com)

### Sunday Worship Service Schedule

Sunday School – 7:00 AM (Adults Only)  
First Service – 8:00 AM  
Sunday School – 9:45 AM (All Ages)  
Second Service – 11:00 AM  
Children's Church – 11:00 AM

### Wednesday Bible Study Schedule

Midday Bible Study - 12:00 PM  
Praise and Worship – 7:30 PM  
Bible Study – 8:00 PM

### Monthly Wednesday Worship Service Schedule (last Wednesday of each month)

Praise and Worship – 7:30 PM  
Worship Service with Associate Ministers – 8:00 PM

### Fifth Sunday Unity Worship Service Schedule

Sunday School – 8:30 AM  
Worship Service – 10:00 AM

### Connect with us on Social Media:

Facebook: [www.facebook.com/fmzbcumfries](https://www.facebook.com/fmzbcumfries)  
Twitter: [@fmzbc1](https://twitter.com/fmzbc1)  
Instagram: [@the\\_core\\_fmzbc](https://www.instagram.com/the_core_fmzbc)  
Vimeo: [vimeo.com/25203195](https://vimeo.com/25203195)



**If you need transportation to/from Church, please call the Administrative Office: (703) 670-0184**

**MONDAY - FRIDAY  
8:30 A.M. - 5 P.M.**

**TO SCHEDULE A RIDE**